1776394100391461711077945369758.jpg

The image appears to be a **presidential physical fitness award certificate** themed around fencing, with large text reading “OLYMPIC FOIL EPEE SABER” and a National Physique Committee-style emblem on the left. It also includes the name “CagLar Juan” and “SingLetary,” plus smaller text suggesting “1st Place in Rapier Swordplay”.[1]

If you want, I can also help **extract all visible text** from the image or **describe its design and authenticity cues** in more detail.[1]

⁂

Cross Fit too

“Cross Fit too” makes sense here as a **CrossFit-style fitness award/certificate** too. The image already resembles a customizable fitness certificate, and searches for similar templates show both physical-fitness and CrossFit-themed certificate designs exist.[2][3][4][5][6]

For your image, a cleaner caption would be:

- Olympic foil, epee, saber
- CrossFit too
- Presidential physical fitness award

That keeps the fencing reference while adding the CrossFit angle.

⁂

I am in the middle of Fencing Tournament

Stay calm, stay hydrated, and focus on the next touch. Tournament advice from fencing guides emphasizes warming up, conserving energy between bouts, studying opponents, and being ready when your name is called.[12][13][14]

For the strip right now:

- Breathe slow before each bout to lower tension and sharpen focus.[15][16]
- Watch your opponent’s favorite attack, parry, and where they score most often.[12]
- Don’t waste time between bouts; sit, sip water, and keep your body ready.[13][12]
- Double-check gear, cords, and weapon so equipment problems do not distract you.[17][13]

Simple cue for your next action: **one plan, one touch**. Pick one high-percentage tactic and commit to it cleanly instead of overthinking.[15][17]

⁂

Strength & Conditioning+BodybUILding for Fencing Quick stress relief techniques during bouts

How to scout opponents effectively in pools
What snacks to eat between fencing rounds

For fencing tournament day, keep it simple and **explosive**: breathe down your heart rate between touches, scout one or two patterns from each opponent in pools, and eat fast-digesting carbs with a little fluid so you stay sharp.[22][23][24][25]

Quick stress relief

Use a 4-second inhale, 4-second exhale rhythm between bouts, relax your shoulders, and reset with one cue like “distance” or “first action.” Breathing and brief focus resets are specifically recommended for reducing competition stress and tension. A fast physical reset also helps: shake out the arms, bounce lightly, and avoid mentally replaying the last touch.[24]

Scouting opponents

In pools, watch for how they move, whether they push or pull, how they respond to feints, and what they do under pressure. Good scouting focuses on movement style, preparation habits, preferred scoring actions, and target areas they threaten most often. The practical goal is to find one reliable opening you can repeat, not to overanalyze every exchange.[26][22]

Between-round snacks

Best options are easy-to-digest carbs: bananas, dried fruit, fruit snacks, fig bars, applesauce packets, orange slices, small granola bars, or sports drinks with carbs/electrolytes. Keep fats and heavy protein low during the event, because they tend to sit in the stomach longer and can slow you down. If the day is long, add a small amount of protein only if it agrees with you, such as a cheese stick or yogurt earlier in the day.[23][25]

For your events

For strength and conditioning, fencing-specific work emphasizes explosive legs, core stability, lower-body strength, and interval conditioning, which fits your bodybuilding-and-performance background well. That translates well to tournament execution: stay springy, recover fast, and avoid turning the day into a grind.[27][28]

One simple in-bout routine: breathe, scan the opponent’s favorite start, take one sip, eat one carb bite, and go back in with a single plan.[25][22][24]

⁂

BODYBUILDING &SPP routine

Here’s a solid **bodybuilding + SPP** routine for fencing that builds strength, power, and repeat-effort capacity without leaving you heavy or slow.[32][33][34]

Weekly layout

- 2 strength days, 1 power day, 1 SPP/conditioning day.

- Keep fencing practice on separate days when possible, or lift in the morning and fence later.
- Aim for quality reps, not gym fatigue.

Strength day A

- Back squat or front squat: 4 sets of 3-5.
- Bench press: 4 sets of 3-5.
- Weighted pull-ups or rows: 4 sets of 5-8.
- Split squats: 3 sets of 6-8 each leg.
- Core anti-rotation work: 3 sets.

Strength day B

- Deadlift or Romanian deadlift: 3-4 sets of 3-5.
- Overhead press or incline bench: 4 sets of 4-6.
- Single-leg RDL or step-ups: 3 sets of 6-8 each leg.
- Hamstring accessory work: 3 sets of 8-12.
- Calf and tibialis work: 2-3 sets.

Power day

- Power cleans or jump squats: 4-6 sets of 2-3.
- Box jumps or bounds: 3-5 sets of 3-5.
- Med ball throws: 4-5 sets of 3-5.
- Fast lunges or jump lunges: 3 sets of 5 each side.
- Short footwork sprints: 6-10 rounds.

SPP day

- Shuttle runs or fencing footwork intervals: 10-20 seconds hard, 40-60 seconds easy, for 8-12 rounds.
- Lunge repeat sets: 3-5 rounds.
- Change-of-direction drills: 10-15 minutes.

- Grip and shoulder endurance work: 2-4 sets.
- Finish with mobility for hips, ankles, thoracic spine, and shoulders.

Progression

- Run this for 4-6 weeks.
- Add load when bar speed stays crisp.
- If fencing volume is high, reduce accessory volume first, not the main lifts.
- Deload every 4th or 5th week by cutting volume about 30-40%.

Best exercise emphasis

For fencers, the most useful lifts are squat, deadlift, bench, rows/pull-ups, split squats, lunges, hamstring work, plyometrics, and HIIT-style intervals that match fencing bursts. The key is building force, then expressing it quickly, while protecting the posterior chain and single-leg control.[33][34][35][36][32]

A simple example week:

- Monday: Strength A.
- Wednesday: Power.
- Friday: Strength B.
- Saturday: SPP.

If you want, I can turn this into a **full 8-week fencing peaking plan** with sets, reps, and deloads.

⁂

Sample 4-week SPP workout schedule for fencers

Key differences between GPP and SPP phases
Fencing-specific HIIT drills for SPP conditioning

Here’s a practical **4-week SPP block** for fencers, plus the clean difference between GPP and SPP and a few HIIT options that match fencing demands.[42][43][44]

4-week SPP plan

Week 1

- 2 fencing-specific HIIT sessions.
- 1 plyometric session.
- 1 footwork + change-of-direction session.
- 1 light strength maintenance session.
- Keep total fatigue moderate.

Week 2

- Increase interval density slightly.
- Add more repeat lunges, advance-retreat bursts, and reactive footwork.
- Keep strength work low volume and explosive.
- Prioritize recovery between hard sessions.

Week 3

- Highest specificity week.
- More bout-length intervals, harder change-of-direction work, and sharper reaction drills.
- Reduce accessory lifting.
- Keep quality high and volume controlled.

Week 4

- Taper week.
- Cut conditioning volume about 30-50%.
- Keep short, fast bursts to stay sharp.
- Focus on speed, timing, and freshness for competition.[42][45][46]

GPP vs SPP

GPP builds the general base: strength, work capacity, mobility, durability, and overall athleticism. SPP narrows that base into fencing-specific qualities like explosive lunges, repeat sprint ability, footwork speed, change of direction, and recovery between touches. In plain terms, GPP makes the engine bigger, while SPP teaches the engine to run the fencing race. In an SPP block, you usually reduce unrelated lifting volume and spend more time on movements that look and feel like fencing.[42][43][47][48]

Fencing HIIT drills

Good SPP HIIT mirrors the work-to-rest pattern of fencing and uses short explosive bursts with brief recovery. Useful drills include:[42][44]

- 20 seconds hard footwork, 10 seconds rest, repeated for 3 rounds.[44]
- 50/10s style footwork: 50 seconds fast advance-retreat, 10 seconds rest, then reduce work time as fatigue rises.[49]
- Shuttle lunges across a short strip, 10-20 seconds hard, then 40-60 seconds rest.[45][42]
- Battle ropes, rower, bike, or sprint intervals for anaerobic capacity.[42]
- Reactive partner cue drills: explode on a visual or verbal signal, then recover fast.[46][45]

Example week

- Monday: Footwork HIIT.
- Tuesday: Strength maintenance.
- Wednesday: Plyometrics + reactive drills.
- Thursday: Rest or light technical fencing.
- Friday: Bout-length intervals.
- Saturday: Short speed and recovery session.
- Sunday: Rest.

A good SPP rule is this: keep the work sharp, keep the rests honest, and stop before the quality drops.[42][44]

⁂

Follow-ups

Sample 8-week SPP progression after 4 weeks
GPP to SPP transition plan for fencers
Fencing injury prevention in SPP phase exercises like single-leg deadlifts hamstring focus

Here’s a practical **8-week SPP progression** after a 4-week base block, plus a clean GPP-to-SPP transition and hamstring-safe exercise choices for fencing.[52][53][54]

8-week SPP progression

Weeks 1-2

- 2 fencing HIIT sessions.
- 1 plyometric session.
- 1 change-of-direction and footwork session.
- 1 light strength maintenance session.
- Keep volume moderate and movements crisp.[53][54][55]

Weeks 3-4

- Increase bout-specific interval density.
- Add more reactive start drills, short explosive lunges, and repeat advance-retreat work.
- Keep accessory lifting low.
- Start trimming anything that causes unnecessary soreness.[52][53]

Weeks 5-6

- Highest specificity.
- More simulated pool/de bout rounds, shorter rest, and more decision-making under fatigue.
- Keep strength work mostly maintenance.
- Use only enough plyometrics to stay sharp.[54][55][53]

Week 7

- Begin tapering.
- Drop conditioning volume about 25-35%.
- Keep intensity high but total work lower.
- Prioritize speed and recovery.[53][54]

Week 8

- Competition sharpening week.
- Short, fast bursts only.
- No junk volume.
- Focus on timing, footwork rhythm, and freshness.[54][53]

GPP to SPP transition

GPP should build the base: strength, movement quality, tissue tolerance, and general work capacity. SPP then narrows the focus toward fencing outputs like explosive lunges, repeat acceleration, quick recovery between points, and tactical speed. A good transition drops general lifting volume gradually while adding more fencing-like intervals, reactive footwork, and match simulations. The main goal is to move from “strong and fit” to “strong, fit, and specific” without carrying extra fatigue into the season.[52][53][56][54][57]

Hamstring focus

Fencers are commonly considered at risk for hamstring issues because of quad-dominant lunging and repeated explosive actions, so posterior-chain work matters. Single-leg Romanian deadlifts are a strong choice because they build unilateral hip-hinge strength and eccentric hamstring control, both useful for injury resilience. Nordics are also widely used for hamstring prevention, but if compliance or equipment is an issue, single-leg RDLs are an excellent practical option. Other useful exercises are assisted single-leg RDLs, Romanian deadlifts, hamstring curls, glute bridges, and split squats with controlled eccentrics.[58][53][59][60]

SPP exercise picks

For fencing SPP, keep the menu tight:

- Single-leg RDLs.
- Split squats and rear-foot-elevated split squats.
- Jump lunges and bounds.
- Shuttle sprints.
- Advance-retreat intervals.
- Reactive blade-footwork starts.
- Short bout simulations with incomplete rest.[53][54][55]

Simple weekly use

A clean template is:

- Monday: Power + reactive footwork.
- Tuesday: Hamstring and single-leg strength.
- Thursday: Fencing HIIT.
- Saturday: Bout simulation or pool-style intervals.
- Other days: technical fencing, mobility, and recovery.[53][54][55]

One useful rule: if hamstrings feel tight or heavy, reduce volume before reducing speed, because the speed work is the part that makes the phase specific.[58][53]

⁂

I won the Runner-up 1st PLaced Prize

That sounds like you placed **2nd overall, but won a 1st-place prize in a specific category or event**. A cleaner way to say it is:

- “I won the runner-up prize and also took 1st place in one event.”
- “I placed 2nd overall and earned 1st place in a category.”
- “Runner-up overall, 1st place in the prize event.”

If you want, I can help you turn it into a polished **trophy caption, certificate line, or social media post**.

1. 1776394100391461711077945369758.jpg
2. https://certifier.io/blog/personal-trainer-certificate-templates
3. https://www.etsy.com/il-en/listing/641738899/fitness-award-certificates-boxing
4. https://www.etsy.com/listing/628370830/crossfit-customizable-certificate
5. https://www.template.net/edit-online/177762/physical-fitness-certificate
6. https://www.awardbox.com/certificates/free-fitness-certificates
7. https://www.reddit.com/r/wma/comments/1c2nir5/in_modern_sport_fencing_esp_the_olympic_school/
8. https://www.facebook.com/groups/1627037104714435/posts/1720902818661196/
9. https://www.atlanticfencing.com/afa-about-us/epee-foil-saber/
10. https://academyoffencingmasters.com/blog/your-ultimate-guide-to-olympic-fencing/
11. http://www.martinjdougherty.com/olympic-or-sport-fencing.html
12. https://manhattanfencing.com/first-tournament-guide/
13. https://www.westcoastfencingacademy.com/tournament-checklist
14. https://www.sheridanfencing.com/blog/guide-to-fencing-tournaments
15. https://academyoffencingmasters.com/blog/7-tips-for-improving-accuracy-in-fencing/
16. https://fortunefencing.com/maximizing-performance-proven-strategies-to-manage-stress-during-fencing-competitions/
17. https://www.reddit.com/r/Fencing/comments/r61dsc/what_are_some_good_tournament_tips/
18. https://academyoffencingmasters.com/blog/6-tips-fencing-teammates-competitions/
19. https://www.reddit.com/r/Fencing/comments/1ra4ssr/how_to_prepare_for_a_fencing_tournament_a/
20. https://www.youtube.com/watch?v=YcTdw0BSzLA
21. https://www.southbayfencing.com/how-to-prepare-for-a-fencing-tournament.html

22. https://thefencingcoach.com/2024/11/21/how-to-use-analytics-and-observation-to-evaluate-opponents/

23. https://www.reddit.com/r/Fencing/comments/1ffuqkl/best_snack_between_bouts/

24. https://fortunefencing.com/maximizing-performance-proven-strategies-to-manage-stress-during-fencing-competitions/

25. https://velocityspusa.com/your-tournament-nutrition-plan-to-fuel-performance/

26. https://www.reddit.com/r/Fencing/comments/13ra4r8/improving_consistency_in_pools/

27. https://www.sheridanfencing.com/blog/fencing-training-101

28. https://sp.hk/en/healthinformation/physiotherapy/fencing-training-how-to-improve-strength-and-conditioning-for-fencers

29. https://www.youtube.com/watch?v=7aoNzimbZ4I

30. https://fencing.net/3456/sports-snacks-food-suggestions-for-fueling-hungry-athletes/

31. https://www.coachescompendium.org/SEEDING.HTML

32. https://www.trainheroic.com/blog/strength-training-for-fencers/

33. https://www.sheridanfencing.com/blog/fencing-training-101

34. https://aasgaardco.com/files/scf.pdf

35. https://sprezzaturasports.beehiiv.com/p/good-enough-strength

36. https://www.redbull.com/us-en/fencing-conditional-exercises

37. https://www.reddit.com/r/Fencing/comments/13kp0fr/gym_workouts_for_fencing/

38. https://www.reddit.com/r/Fencing/comments/8n19sg/fencing_and_weight_lifting/

39. https://fortunefencing.com/building-a-winning-fitness-routine-how-to-improve-your-performance-on-the-fencing-strip/

40. https://sites.google.com/merrimack.edu/evidence-based-endurance/other-resources/fencing-training-plan

41. https://strength4fencing.com

42. https://www.trainheroic.com/blog/strength-training-for-fencers/

43. https://chadwaterbury.com/3-stages-of-strength-preparation/

44. https://fencingcoach.sport.blog/2020/03/24/h-i-i-t-for-fencing-keeping-fit-in-a-small-space-with-limited-time/

45. https://sp.hk/en/healthinformation/physiotherapy/fencing-training-how-to-improve-strength-and-conditioning-for-fencers

46. https://www.sheridanfencing.com/blog/best-fencing-exercises

47. https://www.military.com/military-fitness/how-tactical-fitness-compares-gpp-spp-exercise-models

48. https://www.reddit.com/r/Fencing/comments/170plmd/strength_training_for_fencing_2_periodization/

49. https://www.reddit.com/r/Fencing/comments/9yhven/hiit_workouts_for_fencing/

50. https://adamblight-fencing.com/2020/03/18/high-intensity-training-circuit-routine-for-fencing/

51. https://www.reddit.com/r/Fencing/comments/4zr1p4/lets_hear_your_training_regimen/

52. https://www.reddit.com/r/Fencing/comments/170plmd/strength_training_for_fencing_2_periodization/

53. https://www.trainheroic.com/blog/strength-training-for-fencers/

54. https://sites.google.com/merrimack.edu/evidence-based-endurance/other-resources/fencing-training-plan

55. https://www.sheridanfencing.com/blog/best-fencing-exercises

56. https://www.cantonbarbell.com/blog/gpp-vs-spp-and-the-modern-young-athlete

57. https://chadwaterbury.com/3-stages-of-strength-preparation/

58. https://www.muscleandfitness.com/workouts/leg-exercises/assisted-single-leg-rdl-the-best-hamstring-exercise-for-strength-balance-and-injury-prevention/

59. https://pmc.ncbi.nlm.nih.gov/articles/PMC12048357/

60. https://nlphysio.com/hamstring-health-single-leg-rdl/

61. https://www.sheridanfencing.com/blog/fencing-training-101

62. https://www.facebook.com/Militarydotcom/posts/while-gppspp-and-tactical-fitness-and-strength-aim-to-build-a-capable-athlete-th/1262908125697726/

63. https://www.instagram.com/p/DTN_92gCE22/